

Meeting Notes 7/27/2010

Juniata College Wellness Committee

July 27, 2010 11:00am

VLSC 1116 Rockwell Seminar Room

Committee Members Present:

Wendy Garlock

Cindy Gibboney

Dave Fusco

Joanne Krugh

Wanda Lightner

Diane Ross

Joann Isenberg

Steph Turner

Andrea Smith

The meeting was called to order and the committee was presented with the following agenda:

1. Discuss Old Business
 - a. Aerobics Classes - They are still going well. They are still doing two sessions a day, at 12:00 and 4:00 p.m. Attendance has gotten a little lower, but that was expected for the summer months.
 - b. Weight Watchers -21 people signed up for the 7 week session.
 - c. 2010 Huntingdon County Fitness Challenge—underway
 - d. Farmer's Market Walks – 4th Thursday of each month.
 - e. Wellness Rewards—nothing new to report
2. New Business
 - a. Dave Witkovsky will do a lunch and learn on the Labrynith.
 - b. 2010 Health Fair—Biometric Screenings to be scheduled. Checking with J.C. Blair to see if they have the capability to do the screenings or if we need to stick with the same company.
 - c. Upcoming events:
 - i. August 7th Triathalon and 5 K at Canoe Creek
 - ii. Race on August 14th in Tyrone to Benefit the Humane Society.

The next regularly scheduled meeting will take place on Tuesday, August 24, 2010 at 11:00am @ VLSC Rockwell Seminar Room.